

## Men at Work

This is a volunteer program that engages men in practical work that benefits people within the community, whilst improving their future employment prospects.



They help people move house, provide lawn mowing, and some home and garden maintenance.

The group changes constantly as men gain skills and confidence and move on to new employment.

## Stepping Forward



We offer this eight week program as a way to encourage people to bring about positive change in their lives.

It includes a video presentation and interactive discussion of a professionally developed

program entitled "Taking Charge of your Life."

Topics covered in the course include anger management, relationships, self-esteem and goal setting.

## Looking to the future

We have a strong desire to see each of the programs offered by Christian City Care grow to a point where they have a great impact on our community and hugely empower lives.

The future looks bright as we happily observe lives changing as a result of our endeavours: hopelessness being replaced by hope, loneliness being eclipsed by friendship and self esteem rising.

## Help is close at hand:

Christian City Care offers help to people in need by offering a sympathetic ear, some helpful advice, practical solutions and education for a more positive future.

If you, or somebody you know could benefit from a little extra help, please give us a call.

We are here to help.



## Christian City Care Inc.

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# Christian City Care

*strengthening & enriching lives*

## Mission

Providing intervention and assisting with people's present needs, facilitating their growth toward wholeness, through relationship, care and support.

## Vision

To be an effective multi-faceted agency, working with our clients to build their capacity as members of the community, especially the skills to engage effectively in all domains of living, appropriate to their stage in life.

## Who we are

Christian City Care exists to help people get through some of life's tough times.

We are always aware that we are dealing with people in some of the most sensitive and vulnerable areas of their lives, and at a time when they are at their lowest. We listen without judgement as people describe their issues and circumstances.

Our aim is to provide a safe, comfortable environment and move people on into a more positive future by providing targeted programs that are relevant and specific for each person.



## Programs

### Budget & Credit



This program is designed to educate and assist people to manage their finances, sort out financial difficulties and over time reduce the need for welfare.

It is an eight week course, run each school term and covers topics such as basic budgeting, using credit, goal setting and dealing with debt (including Perin Debts).

Participants finish the course with a positive outlook for the future and feel much more in control of their finances.

### Care at Christmas

Christmas should be a time of joy and sharing, but for many in our community it can be a time of stress and sometimes increased hardship.



Christian City Care aims to help families that are experiencing tough times to enjoy a merry Christmas season by providing food that can be used for family celebrations and toys for children under 18.

### CRAFT CONNECTION

This fun, popular group meets once a week during school terms. Group members participate in all sorts of craft activities and are taught the skills they need to create beautiful and eye-catching objects.

The group is run by volunteers and is designed to be self-funding. The cost to attend is kept to a minimum.

Participants gain in confidence and skill levels in a positive and encouraging environment, and make many new friends along the way.

## Counselling

Counselling can be for those who are unable to cope or who are experiencing a crisis. Importantly, it is also for anyone who may be seeking new direction, experiencing conflict, difficulty making decisions or struggling to find meaning in life.



The counselling department of Christian City Care is staffed by trained counsellors, skilled in helping with anxiety, life stresses, depression, grief & loss, relationship issues and so on.

Premarriage counselling is also available.

Day or evening sessions for individuals, couples or families are available.

This is a fee for service program with a fee structure based on the income of the person/people attending.

## Everyday Eating

This six week class is designed to teach some basic cooking skills and how to plan a delicious, nutritious and budget conscious menu for one or for a whole family.

The imaginative menu travels around the world offering such delights as 'Flavours of the East', 'Running with the Bulls' and 'That's Amore!'



## Friendship Lunch

A fabulous lunch held on the first Monday of every month with the main purpose of bringing people together. It starts with morning tea and some chat, followed by a delicious two course lunch and some more chat!

The lunch is staffed by volunteers who get to know the people attending, and encourage them to join in some of the other programs available.

